

The GAITHERSBURG HOARDING TASK FORCE  
and  
The AMERICAN SCHOOL OF PROFESSIONAL PSYCHOLOGY, ARGOSY UNIVERSITY  
Proudly Present

## ***Hoarding Disorder: Clinical Issues and Collaborative Efforts***

Tuesday, June 3<sup>rd</sup> 9am – 4pm

Activity Center at Bohrer Park  
506 S Frederick Avenue  
Gaithersburg, MD 20877

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### **Description**

This 6-hour workshop, led by members of the Gaithersburg Hoarding Task Force, is for mental health professionals of all levels. No prior training or experience related to Hoarding is needed. Based on empirically-supported research and years of professional experience, the presenters will address assessing and intervening with clients who hoard.

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### **Objectives**

By the end of the workshop, participants will be able to:

- Describe the diagnostic criteria for Hoarding Disorder, including specifiers and levels of insight
- Explain how comorbid diagnoses can exacerbate the manifestations of Hoarding Disorder
- Discuss the role of executive functioning in addressing hoarding behaviors
- Apply prioritizing skills and steps of decision-making when developing treatment interventions
- Assess the severity of a client's hoarding behaviors using standardized measures
- Plan a treatment intervention that incorporates multidisciplinary interventions to address a client's hoarding situation and other comorbid issues

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### **Program**

8:30-9am	Registration and continental breakfast
9am-11am	Elspeth Bell, Ph.D.: Understanding Hoarding Disorder From a Cognitive Behavioral Perspective
11am-12pm	Elspeth Bell, Ph.D. and Susan Smith, MSW: Roles for Mental Health Professionals and Other Service Providers When Assessing and Intervening with Hoarding
12pm-1pm	Lunch (provided)
1pm-2pm	Elspeth Bell, Ph.D. and Alisa Levy: Collaborating with Professional Organizers and Other Non-Mental Health Professionals – Expectations and Interactions
2pm-3pm	Elspeth Bell, Ph.D. and Beth Shapiro, LCSW-C: Expanding the Scope of Treatment – Providing Services for Families of Hoarders
3pm-4pm	Panel Discussion
4pm	Evaluation and Check-out

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## About the Speakers

### Elspeth Bell, PhD

Dr. Elspeth Bell is a licensed psychologist with an extensive background and training in Cognitive Behavioral Therapy (CBT). She works primarily with adults and adolescents, focusing on the treatment of Hoarding Disorder, Obsessive Compulsive Disorder and other anxiety disorders, depression, and interpersonal difficulties. A recognized expert in working with Hoarding Disorder, Dr. Bell conducts assessments and evaluations, provides psychotherapy for sufferers and family members, and runs psychoeducational and support groups. Dr. Bell has collaborated with area Hoarding Task Forces, presented at national conferences, and conducted workshops for professionals, sufferers, and families. She is licensed to practice psychology in Maryland, Virginia, and the District of Columbia.

### Beth Shapiro, LCSW-C

Mrs. Shapiro is a licensed clinical social worker in the Senior Services Department of the Jewish Social Service Agency (JSSA) in Rockville, MD and has worked with older adults in Montgomery County for the last 23 years. Mrs. Shapiro recently completed two terms on the Montgomery County Commission on Aging. As a member of JSSA's senior service department, she designs and develops programs that meet the needs of today's older adults. Examples of her work include *Coming of Aging in Maryland*, JSSA's *To Drive or Not To Drive program*, the *Family Member Hoarding Support Group*, and co-authoring and teaching JSSA's *Connecting In Friendship* course curriculum.

### Susan Smith, MSW

Ms. Smith has been the Program Coordinator for Disability Services at the Housing Opportunities Commission of Montgomery County (HOC) for the past 18 years. During this time she has worked with staff from all Divisions to develop strategies that will assist clients and residents with disabilities to maintain their housing in the most independent setting possible. She provides on-going staff development in all facets of interacting with persons with disabilities throughout HOC. Ms. Smith has collaborated with other HOC staff and Divisions in developing and implementing policies for HOC's Hoarding Intervention Tactical (HIT) Team. Prior to working at HOC, Ms. Smith worked for 20 years at several non-profit and state agencies providing residential services to persons with intellectual and developmental disabilities. She has her MSW from Virginia Commonwealth University in Richmond, VA.

### Alisa Levy

Alisa Levy is a Professional Organizer and owner of Embrace Your Space Organizing Services. She is a member of the National Association of Professional Organizers (NAPO) and the NAPO-WDC (Washington DC) Chapter having served as Vice President and received their 2010 Volunteer of the Year Award. She is a member of the Institute for Challenging Disorganization (ICD). She is an ICD Chronic Disorganization Specialist and has earned a variety of Certificates of Study. Alisa specializes in working with chronically disorganized clients as well as seniors who are downsizing. She has been a member of the Gaithersburg (MD) Hoarding Task Force since 2009.

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## CONTINUING EDUCATION (CES)

American School of Professional Psychology at Argosy University, Washington, DC, is approved by the American Psychological Association to sponsor continuing education for psychologists. ASPP, AU/DC maintains responsibility for this program and its content.

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## Target audience and level of instruction

This workshop is taught at a beginner/intermediate level and is targeted for mental health professionals who have little to no prior experience working with Hoarding Disorder.

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## REGISTRATION

- Registration is **free of charge** for all attendees
- This program is worth 6 CEs
- Seating is limited. Registration is taken on a first-come, first-serve basis
- Please pre-register by 5pm on Friday, May 30, 2014

## REGISTER BY:

- Telephone: 301-258-6395, ext. 1
- Email: MHerndon@gaithersburgmd.gov
- Mail to: Maureen Herndon  
Community Services  
City of Gaithersburg  
31 South Summit Avenue  
Gaithersburg MD 20877

## WORKSHOP LOCATION:

Activity Center at Bohrer Park  
506 S Frederick Avenue  
Gaithersburg, MD 20877

## QUESTIONS:

Maureen Herndon  
Gaithersburg Hoarding Task Force  
301-258-6395  
MHerndon@gaithersburgmd.gov

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